

# QUEEN ANNE AQUATICS CENTER

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## NEW CLASSES!

Snorkeling and Splish & Splash

See page 6

Swim Team Information

See page 4

Barracuda Splash and Dash Biathlon  
& Triathlon Training

See page 5



SEATTLE PARKS  
AND RECREATION

Queen Anne Aquatics Center

1920 First Avenue West

Seattle, WA 98119-2602

(206) 386-4282

[www.seattle.gov/parks/aquatics/queenannepool.htm](http://www.seattle.gov/parks/aquatics/queenannepool.htm)



# GENERAL INFORMATION



## Professional Staff

Terence Irvis	Pool Coordinator
Katie Nichols	Assitant Pool Coordinator
Luke Williams	Senior Lifeguard
Marcos Fernandos	Senior Lifeguard
Naty Acierto	P.P.T. Cashier
Bill Burns	Pool Operator

## Information

Pool Size .....yards x 15 yards  
Depth .....3 feet to 12 feet  
Water temperature .....85 degrees  
1 & 3 meter diving board.  
Mechanical pool lift with extra wide steps  
Dry Heat Sauna  
Two ADA Accessible family changing rooms  
1 mile=36 laps/72 lengths  
Served by metro bus #3, 4 & 13



Naty says "Give me a call two weeks in advance to rent the pool for a party! "



## Pool Party Rental

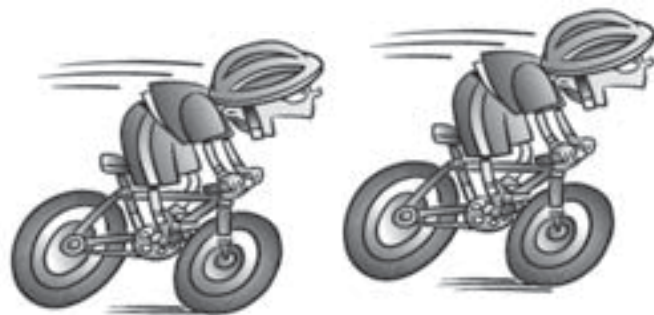
Prices start at \$75.50 for a one hour party for 30 kids or less. The most popular party is \$147.50 for one hour in the pool and one hour for a lobby party. Amenities include: floating mats, noodles, tables, chairs and a rockin' stereo system. Call pool for available times @ 386-4282.

## Hours of Operation

Monday	6:00 a.m. - 9:30 p.m.
Tuesday	6:00 a.m. - 10:00 p.m.
Wednesday	6:00 p.m. - 8:00 p.m.
Thursday	6:00 a.m. - 10:00 p.m.
Friday	6:00 p.m. - 8:00 p.m.
Saturday	7:30 a.m. - 5:30 p.m.
Sunday	Closed

## Holidays & Closures

July 5	Forth of July Observed
July 16	5:30 p.m. - 8:00 p.m. Swim Meet
August 14	1:30 p.m. - 4:30 p.m. Biathlon



## Bike Helmet Sales \$10.00 each

Recent legislation requires all bicyclists to wear bike helmets. Beginning May 15 and continuing the third Saturday of each month through September, Seattle Parks and Recreation, in cooperation with Cascade Bicycle Club Education Foundation, will conduct bicycle helmet sales at affordable prices. Sales will occur on all dates at Queen Anne Pool, Meadowbrook Pool, Green Lake Recreation Complex, Medgar Evers Pool, and Rainier Beach Recreation Complex. Sales will occur May - July at Southwest Recreation Complex and August - September at High Point Community Center.

# DAILY POOL SCHEDULE



## Recreation Swim Prices

Under 1 year	Free
Youth 1 - 18 years	\$2.25
Adult 19 - 64 years	\$3.25
Senior Adults (65 & Older)	\$2.25
Special Pops/ADA	\$2.25
Recreation Swim Punch Card	\$20.00
F.A.S.T. Pass Adult	\$45.00
F.A.S.T. Pass Senior/Youth/ADA	\$35.00

## Water Exercise Fees

Adult Fitness	\$3.75
Senior/Youth/ADA Fitness	\$2.50
Fitness Swim Punch Card	\$30.00

## Other Fees

"Just a Shower"	\$2.00
Sauna	\$3.25
Towel Rental	.50¢
Weights	.50¢

## Merchandise

Classic Goggles	\$4.50
Swedish-Style Goggles	\$4.50
Jr. Pro Goggles	\$5.00
No-leak Goggles	\$6.00
Animal Goggles	\$7.00
Hologram Goggles	\$7.00
Anti-Fog Goggles	\$10.00
Latex Caps	\$4.00
Silicone Caps	\$7.00
Nose Clips	\$4.00
Ear Plugs	\$4.00

*Fees Subject to Change. We accept Cash, Checks, Visa, Master Card and American Express. All taxes are included.*



## SwimSCHEDULE

### Monday & Wednesday

6:00-7:30 A.M.	Early Morning Lap Swim
7:30-9:30 A.M.	Summer Swim League
9:30-10:30 A.M.	Diving Lessons
9:30-11:00 A.M.	Swimming Lessons
11:15-12:00 P.M.	Hydro-fit
11:15-12:00 P.M.	Oodles of Noodles (wed)
12:00-1:30 P.M.	Adult and Senior Swim
1:30-3:00 P.M.	Public Swim
3:00-4:00 P.M.	Lap Swim
4:00-5:30 P.M.	Salmon Bay Swim Team
5:30-7:00 P.M.	Youth & Adult Lessons
6:30-8:00 P.M.	Intermediate Diving Lessons
7:00-8:00 P.M.	Water Exercise
8:00-9:30 P.M.	Lap Swim (Mon)
8:00-9:30 P.M.	Private Masters Swim (Wed)

### Tuesday & Thursday

6:00-7:30 A.M.	Early Morning Lap Swim
7:30-9:30 A.M.	Summer Swim League
9:30-10:30 A.M.	Diving Lessons
9:30-11:00 A.M.	Lessons
11:15-12:00 P.M.	Water Exercise
12:00-1:30 P.M.	Adult and Senior Swim
1:30-3:00 P.M.	Public Swim
3:00-4:00 P.M.	Adult Swim
4:00-5:30 P.M.	Salmon Bay Swim Team
5:30-7:30 P.M.	Youth & Private lessons
6:00-7:00 P.M.	Diving Lessons
7:00-8:00 P.M.	Hydro-fit
7:30-8:30 P.M.	Public Swim

### Friday

6:00-7:30 A.M.	Early Morning Lap Swim
7:30-9:30 A.M.	Summer Swim League
9:30-10:30 A.M.	Diving Lessons
9:30-11:00 A.M.	Swimming Lessons
11:15-12:00 P.M.	Stretch and Flex
12:00-1:30 P.M.	Adult and Senior Swim
1:30-3:00 P.M.	Public Swim
3:00-4:00 P.M.	Lap Swim
4:00-5:30 P.M.	Salmon Bay Swim Team
5:30-7:00 P.M.	Lap Swim
7:00-8:00 P.M.	Diving Lessons
7:00-8:00 P.M.	Public Swim
8:30-10:00 P.M.	Lap Swim

### Saturday

7:30-9:00 A.M.	Lap Swim
9:00-10:00 A.M.	Hydro-fit
10:00-11:30 A.M.	Lessons
11:30-12:30 P.M.	Senior Swim
12:30-1:30 P.M.	Adult Swim (4 lanes)
1:30-3:00 P.M.	Public Swim
3:00-4:30 P.M.	Family Swim
4:30-5:30 P.M.	Lap Swim



# SUMMER SWIM LEAGUE



## Summer Swim League

June 21 - August 6

Monday - Friday

Only \$75.00

Wow what a deal!

7:30 a.m. - 8:30 a.m. or 8:30 a.m. - 9:30 a.m.

One hour in the pool

5 days a week

For 7 weeks



Come and join the fun in our introductory competitive swim program for youth ages 7 - 18, stressing fun and a team environment. Daily practices and swim meets will be scheduled. Prerequisite: swim one length of the pool crawlstroke. This program is designed to introduce your child to competitive swimming while in a fun environment. There are 2 dual meets and 2 all division meets. Attendance at all meets is not necessary. It is a great way to improve on your child's swimming ability.



# DIVING LESSONS & BIATHALON



## Drop-In Diving Lessons

Cost: \$8.00 per hour or  
\$4.00 per half hour

Have you ever wanted to learn how to dive gracefully off the diving board? This summer we are offering morning and evening lessons. Learn the fundamentals of diving various abilities and ages are encouraged to participate.

### All Levels

Monday, Wednesday, & Friday  
9:30 a.m. - 10:30 a.m.

Tuesday & Thursday  
6:00 p.m. - 7:00 p.m.

### Intermediate Levels

Mondays & Wednesdays  
6:30 p.m. - 8:00 p.m.



Don't be this guy!  
Come and learn the proper way to dive

## Barracuda

### Splash and Dash Biathlon

August 14, 2004

1:30 p.m. - 4:30 p.m.

Fees: \$40.00 for adults  
\$25.00 for seniors, and youth and disabled

The splash is a 800 yard swim followed by the dash a 2 mile run. The splash and dash is a fun event for the whole family. It's not too long or too short to involve grandparents with their grandchildren, Moms and daughters, Fathers and sons, siblings, and if they cannot do both the swim and the run why not have one person do the swim and the other the walk. Either way you can't go wrong with this event. Don't forget you get to go home with a T-shirt and a swim cap.

## Triathlon Training

Doing a Triathlon this Summer? Do you need training or would like a refresher course? This summer we are offering a swim clinic where you will have a chance to enhance your swimming skills so you can successfully and safely complete your swim in the open water. This is a swim time where you will have an hour in the pool. Just think of it as a double lesson: Cost: \$8.00 per hour

June 29	Tuesday 3:00-4:00pm
July 6, 13, 20 & 27	Tuesday 3:00-4:00pm
August 3, 10, & 17	Tuesday 3:00-4:00pm



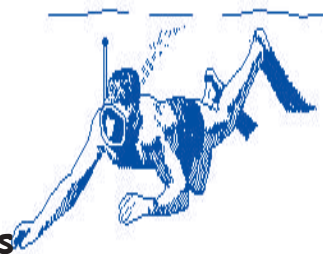
## NEW PROGRAMS



### Snorkeling

Are you going on vacation and plan to put your child in the water

with a mask and snorkel?



Bring them to our Mask and Snorkeling class

This summer we are offering two sessions where your child will have the opportunity to learn the fundamentals of how to use a mask and snorkel. As simple as it may look, there are techniques that can be learned to make your child experience a very happy one. Don't forget this also includes a swimming lesson. **Prerequisite 6 years and older: Has to be comfortable and be able to put their face in the water: You will have to bring your own masks and snorkels or you can purchase them at the pool.**

**Monday/Wednesday/Friday**

**9:30 a.m. - 10:30 a.m.**

**7/7-7/16**

**Fee: \$40.00**

**Registration: 6/11/04 @ 5:30 p.m.**



### Splash and Splash

This is a two week session where we will offer a variety of water activities to broaden your child's experience of swimming in the pool. We have a fun and exciting lesson planned. Some examples of activities will include, water polo, water volleyball, water games and of course this also includes a lesson in swimming. prerequisite: 6 years and older

**Monday/Wednesday/Friday**

**9:30 a.m. - 10:30 a.m.**

**7/19-7/30**

**Fee: \$48.00**

**Registration: 6/11/04 @ 5:30 p.m.**



## FITNESS PROGRAMS

### Hydro-Fit

A non-impact exercise class that is both toning and cardiovascular. Designed for buoyancy and resistance apparatus are used in deep water. Drop in program. No prior experience necessary

<b>Monday &amp; Wednesday</b>	<b>11:15-12:00 p.m.</b>
<b>Tuesday &amp; Thursday</b>	<b>7:00-8:00 p.m.</b>
<b>Saturday</b>	<b>9:00-10:00 a.m.</b>

### Water Exercise

A structured low impact exercise program including warm-up, stretching, cardiovascular workout and cool down. Drop in program. No prior experience necessary.

<b>Monday &amp; Wednesday</b>	<b>7:00-8:00 p.m.</b>
<b>Tuesday &amp; Thursday</b>	<b>11:15-12:00 p.m.</b>

### Oodles of Noodles

Shallow water fitness program to enhance flexibility and balance while working with a noodle. Everyone is welcome. Drop in program.

<b>Wednesdays</b>	<b>11:15-12:00 p.m.</b>
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### Stretch and Flex

A class designed to relieve the pain and stiffness caused by arthritis. It's fun and no swimming is required. Drop in program.

<b>Friday</b>	<b>11:15-12:00 p.m.</b>
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## Competitive Swim Workouts & Swim Team

### U.S.S. Age Group Swim Club

A year round program offered  
Contact Doug @ 206-781-0827

<b>Monday - Friday</b>	<b>4:00 p.m. - 5:30 p.m.</b>
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### U.S.S. Masters Swim Club

A year round adult program focusing on swimming and strength. Contact Ed Artis @ 206-8793-3099

<b>Sunday</b>	<b>9:30 a.m. - 11:00 a.m.</b>
<b>Wednesday</b>	<b>8:00 p.m. - 9:30 p.m.</b>
<b>Friday</b>	<b>8:00 p.m. - 9:00 p.m.</b>



## RECREATIONAL SWIMMING

### Adult Swim

One half of the pool is set up with lanes for lap swimming. The other half is available for recreational swimming. Aqua joggers allowed. 3 lap lanes are provided with the exception of Saturday where 4 lap lanes are provided.

<b>Age: adult</b>	
<b>Monday - Friday</b>	<b>12:00p.m. - 1:30 p.m.</b>
<b>Tuesday &amp; Thursday</b>	<b>3:00 p.m. - 4:00 p.m.</b>
<b>Saturday</b>	<b>12:30 p.m. - 1:30 p.m.</b>

### Senior Swim

A recreational swim period for seniors. 3 lanes are available for swimmers interested in fitness swimming and the other half of the pool is open for floating, exercising and socializing. \*Only seniors and disabled allowed on Saturdays.

<b>Monday - Friday</b>	<b>12:00 p.m. - 1:30 p.m.</b>
<b>Saturdays</b>	<b>11:30 a.m. - 12:30 p.m.</b>

### Family Swim

A fun swim session for parents or guardians and their children. An Adult must accompany youth under 18 years into the pool

<b>Saturday</b>	<b>3:00 p.m. - 4:30 p.m.</b>
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### Lap Swims

A session for fitness swimming. There are four speed levels (slow, medium, fast, very fast) with 6 lanes. No aqua joggers.

<b>Monday - Friday*</b>	<b>6:00 a.m. - 7:30 a.m.</b>
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\*Early lap swim admission by Swim card or check. No cash accepted.

<b>Monday, Wednesday, &amp; Friday</b>	<b>3:00 p.m. - 4:00 p.m.</b>
<b>Monday</b>	<b>8:00 p.m. - 9:30 p.m.</b>
<b>Tuesday &amp; Thursday</b>	<b>8:30 p.m. - 10:00 p.m.</b>
<b>Friday</b>	<b>5:30 p.m. - 7:00 p.m.</b>
<b>Saturday</b>	<b>7:30 a.m. - 9:00 a.m.</b>
<b>Saturday</b>	<b>4:30 p.m. - 5:30 p.m.</b>

### Public Swims

A recreational swim for anyone. Children must be at least 4 feet or six years old to swim alone: otherwise a parent or guardian must accompany them. (Flotation devices are permitted with staff approval only.)

<b>Tuesday &amp; Thursday</b>	<b>2:00 p.m. - 3:00 p.m.</b>
<b>Tuesday &amp; Thursday</b>	<b>7:30 p.m. - 8:30 p.m.</b>
<b>Friday</b>	<b>1:30 p.m. - 3:00 p.m.</b>
<b>Friday</b>	<b>7:00 p.m. - 8:00 p.m.</b>
<b>Saturday</b>	<b>1:30 p.m. - 3:00 p.m.</b>





# SWIM LESSONS & INFORMATION



It is the policy of Queen Anne Pool to give priority to currently enrolled students who wish to continue with lessons. New students may sign up during open registration done by lottery drawing. Sign-ups are according to the number you draw and what is available.



## **Tots (6 months to 3 years)**

This series of lessons helps to introduce you and your child to the swimming pool. Our goal is to help your child to relax and become comfortable in this "new" water environment. Parents accompany the child in the water.



## **Three-Year-Old Lessons**

Small classes with an instructor to start your child learning basic swimming and water safety skills. Due to smaller classes the cost is \$6.00 per half hour session.



## **Kinder lessons (4 & 5 year olds)**

Designed to teach the basic skills of swimming and safety. This class helps build your child's confidence and provides a solid foundation for more advanced classes.



## **Youth lessons (6 - 14 year old)**

A progression of classes from Level I to Level VII. Each class builds the skills necessary to advance to the next level of swimming.



## **Swim Team Prep**

Experience the fun of competitive swimming while enjoying being part of the team. The coaches will emphasize improving skills, building teamwork and having a good time. Prerequisite: Must be skill level - V or higher.



## **Adult lessons (Adults only)**

From the beginner to advanced. Skills and progress are tailored to meet the individual's learning needs. Classes are arranged by ability.



## **Private Lessons**

Tuesday & Thursday 7:00-7:30 P.M.

Cost \$22.00 per half hour (one person)

\$32.00 per half hour (two people)

A program that is individualized to fit your personal needs.





# SWIM LESSONS



A pre-test is required prior to Lesson Registration To sign up for lesson all children must be pre-tested. You can do this during any Family or Public swim. **Lesson Refund Policy:** A participant may be issued a refund if they drop the class and notify the Program Coordinator prior to the second class. **No classes July 5**

## Registration

<u>Days</u>	<u>Time</u>	<u>Dates</u>	<u>Fees</u>	<u>Dates</u>
<b>TOTS (6 months to 3 years old)</b>				
Tuesday	6:30-7:00 p.m.	6/22-8/24/04	\$40.00	6/11/04
Thursday	6:30-7:00 p.m.	6/24-8/26/04	\$40.00	6/11/04
Saturday	11-11:30 a.m.	6/26-8/28/04	\$40.00	6/11/04
<b>3 YEARS OLD</b>				
Tuesday	6:30-7:00 p.m.	6/22-/8/24/04	\$60.00	6/11/04
Thursday	6:30-7:00 p.m.	6/24-8/26/04	\$60.00	6/11/04
Monday	10:30-11 a.m.	6/21-8/23/04	\$54.00	6/11/04
Wednesday	10:30-11 a.m.	6/23-8/25/04	\$60.00	6/11/04
Tuesday & Thursday	10-10:30 a.m.	7/6-8/12/04	\$72.00	6/11/04
Saturday	10-10:30 a.m.	6/26-8/28/04	\$60.00	6/11/04
Saturday	11-11:30 a.m.	6/26-8/28/04	\$60.00	6/11/04
<b>KINDER 1-IV (4 and 5 years old)</b>				
Monday	5:30-6:00 p.m.	6/21-8/23/04	\$36.00	6/11/04
Wednesday	5:30-6:00 p.m.	6/23-8/25/04	\$40.00	6/11/04
Monday-Friday	9:30-10 a.m.	6/21-7/02/04	\$40.00	6/11/04
		8/16-8/27/04	\$40.00	7/11/04
Tuesday & Thursday	6-6:30 p.m.	6/22-7/22/04	\$40.00	6/11/04
		7/27-8/26/04	\$40.00	7/23/04
Tuesday & Thursday	9:30-10 a.m.	7/6-8/12/04	\$48.00	6/11/02
Saturday	10-10:30 a.m.	6/26-8/28/04	\$40.00	6/11/04
<b>YOUTH I-IV (6-14 years old)</b>				
Monday	6-6:30 p.m.	6/21-8/23/04	\$36.00	6/11/04
Wednesday	6-6:30 p.m.	6/23-8/25/04	\$40.00	6/11/04
Monday-Friday	10-10:30 a.m.	6/21-7/02/04	\$40.00	6/11/04
		8/16-8/27/04	\$40.00	7/02/04
Tuesday & Thursday	5:30-6 p.m.	6/22-7/22-04	\$40.00	6/11/04
		7/27-8/26/04	\$40.00	7/23/04
Saturday	10:30-11 a.m.	6/26-8/28/04	\$40.00	6/11/04
<b>YOUTH V-VII (6-14 years old)</b>				
Tuesday & Thursday	6:30-7 p.m.	6/22-7/22/04	\$40.00	6/11/04
		7/27-8/26/04	\$40.00	7/23/04
Saturday	11-11:30 a.m.	6/26-8/28/04	\$40.00	6/11/04
<b>ADULT (15 years old and above)</b>				
Monday & Wednesday	6:30-7 p.m.	6/21-7/21/04	\$36.00	6/11/04
		7/26-8/25/04	\$40.00	7/23/04
<b>SNORKELING (NEW!)</b>				
Monday/Wednesday/Friday	9:30-10:30 am	7/7-7/16/04	\$40.00	6/11/04
		8/2-8/13/04	\$48.00	7/23/04
<b>SPLISH &amp; SPLASH (NEW!)</b>				
Monday/Wednesday/Friday	9:30-10:30 am	7/19-7/10/04	\$48.00	6/11/04